

# ThriveOn Fitness Classes for July 1st - August 29th

Your Health and Wellness Program

Location	Monday	Tuesday	Wednesday	Thursday
<b>Courthouse</b> 373 South High Street Columbus, Ohio 43215 Auditorium	<b>Gentle Yoga</b> 12:00pm—12:30pm  <b>Gentle Yoga</b> 12:30pm—1:00pm <b>*NO CLASSES 7/7*</b>	<b>Zumba</b> 12:00pm - 12:30pm  <b>Line Dance</b> 12:30pm - 1:00pm <b>*NO CLASSES 7/8*</b>	<b>Hatha Yoga</b> 5:15pm - 6:15pm <b>*NO CLASS 7/9*</b> <b>*NO CLASS 8/13*</b>	
<b>Child Support Enforcement Agency</b> 80 East Fulton Street Columbus, Ohio 43215 3rd Floor Conference Room *Bring County ID				<b>Zumba</b> 12:00pm - 12:30pm  <b>Zumba</b> 12:30pm - 1:00pm <b>*NO CLASSES 7/3*</b>
<b>Job and Family Services Northland Park</b> 1721 Northland Park Ave Columbus, Ohio 43229 Room 132 A & B	<b>Gentle Yoga</b> 12:00pm - 12:30pm  <b>Pilates</b> 12:30pm - 1:00pm		<b>Total Body Circuit</b> 12:00pm - 12:30pm  <b>Gentle Yoga</b> 12:30pm - 1:00pm	<b>Dancercise</b> 5:15—6:15pm <b>*NO CLASSES 7/3*</b>
<b>Children Services East Main Street</b> 4071 East Main Street Columbus, Ohio 43213 Room 136		<b>Strictly Strength</b> 12:00pm - 12:30pm  <b>Core and More</b> 12:30pm - 1:00pm		<b>Total Body Circuit</b> 12:00pm - 12:30pm  <b>Bootcamp</b> 12:30pm - 1:00pm <b>*NO CLASSES 7/3*</b>
<b>Children Services West Mound Street</b> 855 West Mound St Columbus, Ohio 43223 Family Center	<b>Line Dance</b> 12:00pm - 12:30pm <b>Zumba</b> 12:30pm - 1:00pm <b>TBC</b> 5:15pm—6:15pm	<b>Gentle Yoga</b> 12:00pm—12:30pm  <b>Beginner Yoga</b> 12:30pm—1:00pm	<b>Total Body Circuit</b> 5:15pm - 6:15pm	
<b>Pickaway County</b> 110 Island Road Circleville, Ohio Upstairs Meeting Room *Bootcamp is held outdoors*		<b>Bootcamp</b> 4:45pm - 5:45pm		<b>Gentle Yoga</b> 12:00pm - 12:45pm  <b>Zumba</b> 4:45pm—5:45pm <b>*NO CLASSES 7/3*</b>
<b>Fairfield County</b> Forest Rose School 1592 Granville Pike Lancaster, Ohio Gym		<b>Gentle Yoga</b> 12:15 pm—12:45 pm  <b>*CLASSES RUN*</b> <b>*JUL 1 - AUG 12*</b>		

To register please contact (614)525-3948 or at [Thriveon@franklincountyohio.gov](mailto:Thriveon@franklincountyohio.gov)

## Fitness Class Descriptions

### Bootcamp

High Intensity, calorie burning, all over body conditioning and strength training class set to body pumping, motivational music.

### Core & More

This class will strengthen and tone from the waist down. The primary focus is on abdominals and glutes. All fitness levels are welcome.

### Gentle Yoga

This class is designed to remove the barriers that some might have to joining a yoga class. The stretches and balancing exercises are accompanied with proper breathing and alignment cues.

### HipHop

Cardio Hip Hop will give you a workout while you move to great beats! By repeating individual movements you get a chance to practice and work up a sweat. All fitness levels are welcome.

### Line Dance

This class will keep you moving with fun easy to follow dance steps performed to a variety of soulful music. This class will be slightly less intense than others, but equally as enjoyable!

### Pilates

This class includes Pilates breath work, as well as, controlled movements of the body. Pilates is a terrific class to build strength through the core and gain flexibility through the entire body. All fitness levels welcome.

### Strictly Strength

This class includes total body strength training techniques to enhance strength, raise metabolism, and sculpt the body.

### Total Body Circuit

This class includes total body strength training techniques to enhance strength, raise metabolism, and sculpt the body. Strength class in a circuit format!

### Zumba

Dance your way fit! By using a fusion of Latin, Reggae, Hip Hop, Bollywood, and Pop music, this class is guaranteed to get your heart pumping and hips shaking. All fitness levels are welcome.

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